

## ANTIOXIDANT SALAD

86 Calories - 0 mg Cholesterol

### INGREDIENTS

(5 portions)

- 6 vine-ripened tomatoes
- 1 red onion
- 1 red capsicum (pepper)
- 1 yellow capsicum (pepper)
- 100 g basil leaves
- 1 small handful radicchio leaves, chopped
- 1 tbsp chopped parsley
- 1 tbsp dried goji berries (optional)
- 2 tbsp lime juice
- 1 tbsp lemon juice
- 1 tbsp extra virgin olive oil

### METHOD

1. Dice the tomatoes, onion and capsicums and place in a salad bowl.  
Add the basil leaves, radicchio, parsley and goji berries (optional).
2. Mix the liquid ingredients and season with salt and pepper. Place in a jar with lid and shake well.
3. Drizzle the dressing over the salad, toss lightly and serve.

